

**Leak Check Of Prop & Oxidizer Filling Assemblies (3YF & 3YO) • Unloading and IMS Tracking of Progress Cargo**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:00		Prep for work
08:00–08:15		Daily planning conference ( <i>S-band</i> )
08:15–10:45	CDR	Unloading and IMS tracking of Progress m1-10 cargo
08:15–11:15	FE-1	
10:45–11:15	CDR	Disinfection of hoses A-P & P-P prior to Progress-SM water transfer
11:15–12:45		Physical exercise (TVIS-2)
11:15–12:30	FE-1	Physical exercise (CEVIS)
12:30–12:55		Maintenance of COЖ
12:45–12:50	CDR	PLANTS-2: data downlink
12:55–13:55		LUNCH
13:55–14:15	FE-1	Setup for PAO event
14:05–14:15	CDR	
14:15–14:35		PAO event: CBS News ( <i>KU+S-band</i> )
14:35–16:35		Unloading and IMS tracking of Progress m1-10 cargo
16:35–17:15	CDR	IMS file prep
16:35–17:50	FE-1	Physical exercise (RED)
17:15–18:15	CDR	Physical exercise (VELO + Load Trainer 1 / day 2)
18:15–18:30		Daily plan review
18:30–18:45		Daily planning conference ( <i>S-band</i> )
18:45–19:00		Daily plan review
19:00–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

**NOTE:** See OSTP for references to US activities.

End of radiogram